



Griesbach Bugle



PUBLISHED UNDER AUTHORITY OF THE GRIESBACH ASSOCIATION

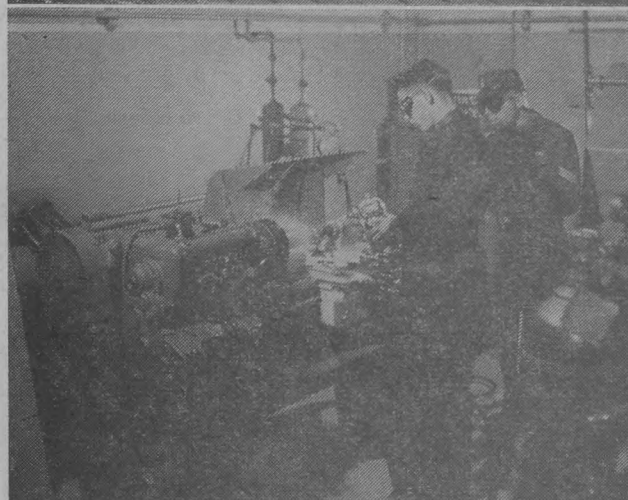
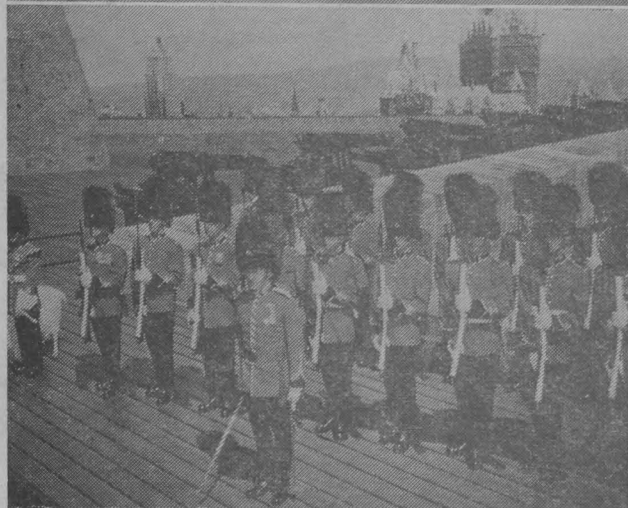
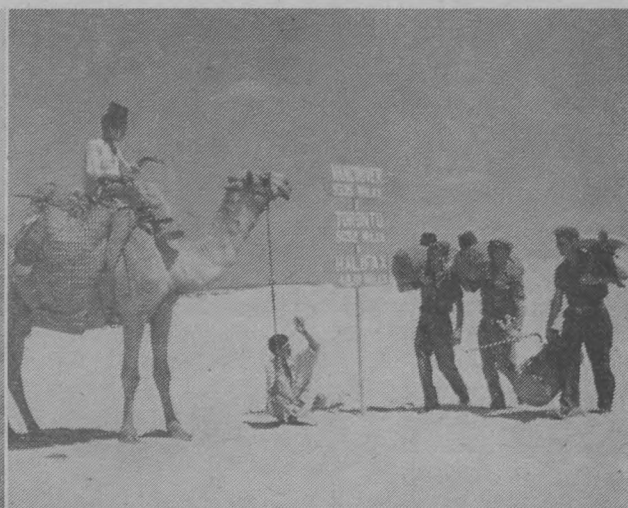
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JANUARY, 1962



From the Four Corners . . .



. . . A HAPPY NEW YEAR



THE GRIESBACH BUGLE

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DEADLINE 12 FULL DAYS BEFORE THE END OF THE MONTH.

The Griesbach Chairman's New Year's Message

The year 1961 has marked the continuation of the many worthwhile community activities within Griesbach and the addition of several new ones. All this has necessitated the outlay of a considerable amount of money and work.

Despite large expenditures our community coffers are healthier than ever before, as can be seen from the financial statement which appears elsewhere in this issue. It is the Council's desire to further improve our financial position during 1962, for only with a healthy budget will it be possible to undertake future development of our cultural and recreational facilities.

But it takes more than money to create a successful community. More important still is a tangible desire by the residents to get things done. The Councillors join me in a sincere "thank you" to all those residents who put forth so much effort and unselfishly devoted so much of their time to support the various activities.

Unfortunately, in an Army Community, the population is relatively transient in nature and during 1961 many of our most conscientious citizens have left for other

parts. Some of those who replaced them have already come forward to offer their services. However, there is always more work to be done and I appeal to all residents who are not already committed to some community activity, and who feel that they have the time to spare, to contact me.

Assistance is needed in many fields. Hockey, baseball, basketball, football, badminton, tennis, shooting, archery, library, scouting, guiding, community fair, are only some of the activities in which help is needed. So please come forth and lighten the load of those few who do so much for us all. By doing this, you will be doing your large or small individual share to make Griesbach an even better place in which to live.

In the next issue of the Bugle there will appear a full report on all Community activities which took place during 1961 as well as a forecast of what is planned for the coming year.

The Council and myself extend to all a Very Happy and Prosperous 1962.

Major H. H. Hennie.

Community Library Notes

More than one hundred new childrens books and sixty or so new adult books are now on the shelves.

A few comments on the usual librarian's complaint are again due. After much making of lists and letters, checking of cards and books on the shelves, driving around camp (at personal expense) calling at houses and placing letters in mailboxes, all July, August and September overdue books were brought back. Unfortunately these efforts had no lasting effect and the number of books overdue from October, November and December is disgustingly large. About one in 20 books is kept for more than two weeks and this one causes more work than the other 19 taken together. This thoughtlessness prevents

others from reading those books for a month or more and it also unfairly causes the staff to spend far more of their leisure time in providing the service than it should. There is also the question of the fine of two cents a book for each open library day after the free two weeks, to a maximum .25c for a child's book and .40c for an adult book. Parents are particularly urged to watch their children closely on this. PLEASE BRING THE BOOKS BACK ON TIME.

To continue complaining — it is emphasized that DOGS ARE NO ALLOWED in the library. It is a small congested room — and we have no insurance against dog bites! Please leave the dog at home.

Christmas Tree Disposal

Christmas trees will be picked up in the PMQ Area commencing at 0800 hours Friday, January 5th, 1962.

Occupants are requested to place their trees near the road in front of their PMQ prior to that time.

The normal garbage pick up will not take trees at any time and occupants will therefore be responsible for removal of any trees after January 5th.

Please make certain your children do not play with, remove or accumulate trees which are awaiting removal.

FIRE CALLS

1035 hrs, November 1st, 194 Ave & 110 St., Precautionary.

1135 hrs., November 1st, 140 Ave. & 101 St., Gas alarm.

1715 hrs., November 1st., 146 Ave. & 108 St., Precautionary.

1534 hrs., November 5th. 137 Ave. & 97 St., False alarm.

0850 hrs., November 8th., 152 Ave. & 104 St., Inhalator call.

1205 hrs., November 9th, 149 Ave. & 107 St., Gasoline spill.

1610 hrs., November 10th, 140 Ave. & 104 St., Precautionary.

1735 hrs., November 16th, 137 Ave. & 108 St., Precautionary.

HOLIDAY PUNCH

(Makes about 1½ quarts)

1⅓ cups instant pasteurized skim milk 2¼ cups water

1 15-ounce package frozen sliced strawberries, (about 1¾ cups).

2½ cups whipped instant pasteurized powdered skim milk*

1 pint lime sherbet
Combine pasteurized powdered skim milk with water; stir lightly. Add strawberries, stir. Chill. Fold in whipped skim milk powder. (Serve punch topped with sherbet).

*To whip instant pasteurized skim milk (Makes about 2½ cups).

1. Mix ½ cup pasteurized powder skim milk with ½ cup ice water.

2. Whip until soft peaks form (3-4 minutes). Add 2 tablespoons lemon juice.

3. Continue beating, while gradually adding ¼ cup sugar, until stiff peaks form (¾ minutes longer).

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SUBSCRIPTIONS AVAILABLE ON POSTING

Due to the increased number of requests received for subscriptions to the BUGLE by residents that have been posted out of Edmonton, it has been decided to make this service available at \$1.00 per year.

To those interested in keeping abreast of local events after their departure from Griesbach and wishing to receive future issues, please complete the following:

TO: The Editor,
Griesbach Bugle,
Griesbach Barracks.
EDMONTON, Alberta.

Enclosed is Money Order in amount of \$..... to cover

a years subscription to the GRIESBACH BUGLE.

Please mail my copy to:

Name:

Address:

City/Town:

Recipe for a Happy New Year

Take twelve, fine, full-grown months. see that these are thoroughly free from all old memories of bitterness, rancor, hate and jealousy; cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past — have them as fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot in this way), but prepare one day at a time, as follows:

Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work (some people omit this ingredient and so spoil the flavor of the rest), eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest (leaving this out is like leaving the oil out of the salad — don't do it), three of prayer, two of meditation, and one well selected resolution. If you have no conscientious scruples, put in about a teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

Pour into the whole love ad libitum and mix with a vim. Cook thoroughly in a fervent heat; garnish with a few smiles and a sprig of joy; then serve with quietness, unselfishness, and cheerfulness, and a Happy New Year is a certainty.

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Rocky Mountain House. — Corporal Clay Hatcher of North Sydney, Nova Scotia, leads his patrol through dense bush during Exercise Little Bear. The 2nd Battalion The Princess Patricia's Canadian Light Infantry are using this Exercise to harden their Airborne Company to the cold weather they will have to fight in during the American Army's Exercise Big Bear in Alaska this February.

(National Defence Photo)

POLICE COURSE GRADUATE



Corporal V. A. Hisdal of the Edmonton Provost Detachment receives a handshake and a certificate from H. J. Wilson, QC, Deputy Attorney General for the Province of Alberta after graduating from a six-week police course conducted by the RCMP and Edmonton city police. The course was sponsored by the Attorney-General's Department of the Province of Alberta.

(National Defence Photo)

Infantry Director Visits Coast



VICTORIA. — The Director of Infantry, Colonel P. R. Bingham, DSO, accompanied by Lt.-Col. R. F. Bruce, MBT, and Major J. G. C. McKinlay, MC, views the target detection area at the West Coast's Albert Head camp, during his recent visit to Victoria. Taking advantage of British Columbia's moderate climate, 200 PPCLI Depot recruits are undergoing 13 weeks basic training at the camp.

(National Defence Photo)

Camp Shilo Shopping Centre Opened



Major-General J. D. B. Smith, Adjutant-General of the Canadian Army, cut a ribbon Thursday, December 7th, at Camp Shilo to officially open a 300,000.00 shopping centre that will house under one roof Maple Leaf Services sales outlets which were formerly scat-

tered throughout the camp in temporary wartime buildings. The centre, built at no cost to the government, includes a grocery, family shop, snack bar, nine-washer laundromat, barber shop, beauty parlour and a large parking area. Similar centres have

been opened during the past two years in Camps Borden and Petawawa in Ontario, Camp Valcartier, Quebec, and the Canadian Joint Services Station at Fort Churchill, Manitoba.

(National Defence Photo)

Appointed G.S.O. 1



OTTAWA. — Lt.-Col. C. J. A. Hamilton, MBE CD, of Edmonton and Brandon, Man., will be appointed general staff officer (1st grade) at Headquarters Western Command, Edmonton, on Feb. 1, 1962, Army Headquarters announced recently.

An officer of the Princess Patricia's Canadian Light Infantry, Lt.-Col. Hamilton is at present commanding officer of the regiment's 2nd battalion at Edmonton.

Lieut.-Col. Ritza Receives Award

EDMONTON. — Western Command's Roman Catholic chaplain, Lt.-Col. L. S. Ritza has been honored by the Polish Combatants' Association with an award of an emblem of the Alliance of Canadians of Polish origin. The award was made in recognition of services rendered to new Canadians of Polish origin in Alberta since 1946.

The emblem is the symbol of the Polish government in exile —

a white, crowned eagle — and is mounted on a red maple leaf. It was presented by Mr. Walter Chuckla, Calgary, on the occasion of the blessing and presentation of the standard of the Polish Combatants' Association, Branch No. 18, Edmonton. It is one of the 12 such presentations being made in Canada.

Lt. Col. Ritza, a native of Barry's Bay, Ont., is a graduate of the University of Ottawa.

Artillery Control Avalanche

The Army recently issued an initial report on the activities of its avalanche control gun detachment now operating in Glacier National Park.

More than 42 separate targets have been registered with the 105-millimeter howitzer, two large avalanches have been brought down safely as well as several minor ones.

A gun detachment from the 2nd Regiment, Royal Canadian Horse

Artillery based in Winnipeg, is spending the winter at Glacier, B.C., in an avalanche control program in co-operation with the federal department of Northern Affairs and National Resources. Purpose of the project is to make safe the stretch of Trans-Canada highway which runs through Glacier National Park.

Officer in charge of the seven-man detachment is 2nd Lieutenant A. G. Mills, of Winnipeg.

APPOINTED COMMAND ORDNANCE OFFICER

OTTAWA. — Lt.-Col. R. D. Watson, CD, of Montreal, will be posted to Headquarters Western Command at Edmonton, Dec. 9, Army Headquarters announced recently.

An officer in the Royal Can-

adian Ordnance Corps, Lt.-Col. Watson will be appointed Command Ordnance Officer, Western Command. He is at present attending an army supply management course at Fort Lee, Virginia.

FINANCIAL STATEMENT FOR THE GRIESBACH ASSOCIATION

BALANCE SHEET

as at November 30th, 1961

ASSETS

Petty Cash Fund	10.00
Cash on Hand for Deposit	Nil
Cash in Bank	6,405.78
Accounts Receivable	456.11
Other (specify) Merchandise Inventory	23.00
TOTAL ASSETS	6,894.89

LIABILITIES

Accounts Payable	54.00
Dominion Bottling Ltd.	6.40 Cr.
Trudeaus Cleaners	60.40

CAPITAL

Total Components of Capital	6,840.89
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TOTAL LIABILITIES AND CAPITAL.....6,894.89

STATEMENT OF INCOME AND EXPENSE

For the Period November 1st to November 30th, 1961

Name of Activity	Detail	Expense	Income	Balance
General Fund — Balance Forward			2,859.61	
Final Building payment			500.00	
Resident contributions			311.50	
MLS rebate			141.75	
Miscellaneous receipts			18.31	
Miscellaneous expenses		50.57		
Grant to Little League		103.06		
Pool Res.		750.00		
Stamps		10.00		
Bank charges		.30		2,917.24
Bingo — Balance forward			189.03	2,917.24
November 1st receipts			88.65	
Handbill delivery		16.00		261.68
Boys' Boxing — Balance forward				138.53
Junior Rifle Club — Balance forward				130.00
Wading Pool Res.			1,500.00	
Grant			750.00	2,250.00
Boys' Hockey — Balance forward			500.00	
Dry cleaning		12.85		487.15
Archery Club — Balance forward				16.05
Library Fines — Balance forward			20.39	
Receipts — fines			20.00	40.39
Tennis Club — Balance forward				3.06
GYPA — Balance forward			15.39	
Sewing uniforms		6.00		9.39
High school books — Balance forward			795.60	
Books purchased		631.34		164.26
Football Club — City of Edmonton		22.00		
Westlock High School			11.00	Dr. 11.00
Girl Guides — Balance forward				100.00
Boy Scouts — Balance forward				225.50
Griesbach Bugle — Balance forward			258.45	
November Advertisements			288.75	
Printing		354.00		
Delivery expense		7.54		
Advertising expense		75.52		
Miscellaneous		1.50		108.64
Total carried forward to the Components of Capital				
Section of the Balance Sheet.....				6,840.89

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from

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In addition —

We have been most fortunated in being able to secure new and much enlarged Club premises to be completed for our occupancy March 1st, 1962. This expansion is necessitated by continuing enlargement of Head Office staff due to the fine response from you — our customers — Canada's Regular Armed Forces.

So —

Effective March 1st, 1962 we will be located on the ground floor in the new Malton Medical Centre Building — Malport Road, Malton, Ontario — mailing address and telephone unchanged — P.O. Box 315, Malton — Butler 6-2553.

We wish to extend our sincere thanks to all those who loyally supported the Club in 1961 enabling us to deliver in excess of seven hundred automobiles, and a special word of thanks to our thirty Club representatives stationed across Canada and overseas who contributed to the excellent response.

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RCAF "OPERATION SANTA CLAUS"

RCAF STATION NAMAO, Alta. — Two RCAF planes airlifted fourteen thousands pounds of Christmas supplies to nineteen arctic posts during December. Dubbed "Operation Santa Claus" by aircrews flying the mission, the paradrop of Christmas trees, food, mail and supplies to some of the isolated arctic weather-reporting sites is an annual event for Namao-based 435 Transport Squadron.

Two of the squadron's giant C-130B 'Hercules' cargo planes completed the operation in four days commencing December 18.

One of the Lockheed-built 'Hercules' left RCAF Station Namao, near Edmonton, Tuesday, Dec. 19. This plane operated from Resolute Bay on Cornwallis Island, 1352 nautical miles northeast of Edmonton. It paradropped supplies to Tureka and Alexandra Fiord on

Ellesmere Island, Mould Bay on Prince Patrick Island, Isachsen on Ellf Ringnes Island, Grise Fiord on Devon Island, Arctic Bay and Pond Inlet both on Baffin Island.

The second C-130B departed from RCAF Station Downsview, near Toronto, Monday Dec. 18. This transport aircraft airlifted supplies to arctic sites that in past Christmas seasons have been supplied by C-119 'Flying Boxcars' of 436 Squadron based at Downsview. Scheduled to receive paradropped Christmas supplies were Koartak, Cape Dorset, Cape Hopes Advance, Clyde, Igloolik, Ivugivik, Lake Harbor, Nottingham Island, Pangnirtung, Payne Bay, Sugluk and Wakeham Bay. These posts are in the eastern arctic in the general vicinity of Baffin Island. The arctic posts are manned by personnel of the RCAF, United States Weather Bureau and the Department of Transport.

The dates 18 to 21 December

were selected to obtain optimum advantage from light of the moon, which was 'full' on the 22nd. Since the sun is below the horizon during the arctic winter, personnel at the sites lit oil flares to guide the 'Operation Santa Claus' planes to correct paradrop areas.

All supplies were packed in wicker panniers manufactured by the Canadian National Institute for the Blind. (Mainly in Toronto.) Panniers gently float to earth under the canopies of time-expired personnel parachutes.

Number 1 Air Movements Unit personnel from Namao were responsible for packing panniers used in the central arctic, while Number 7 AMU personnel from Downsview took charge of the panniers to be paradropped to posts in the vicinity of Baffin Island.

This was the first time that the RCAF's Air Transport Command 'Hercules' were used to complete 'Operation Santa Claus'.

Wanted -- Junior Bandsmen

The recent establishment of a special training plan for Junior Bandsmen in the Regular Army offers new opportunities for young men who want a career in music and a life of adventure.

Applicants for this plan, which is conducted on a tri-Service basis, must be between the ages of 17 and 19. Enrolments usually take place twice a year, in January and in July. After enrolments recruits undergo a period of approximately five month recruit training with a Regular Army unit and then receive annual leave before commencing their musical course at the R.C.N. School of Music itself. French-speaking applicants carry out their recruit training with a French-speaking unit where they also receive English language training.

All entrants under this plan undertake to serve as Army Bandmen for an initial period of seven years.

RCN SCHOOL OF MUSIC

The musical training for this tri-Service plan is conducted at the Royal Canadian Navy School of Music, HMCS Naden, Esquimalt, B.C. Courses usually begin in May and November of each year for a period of 22 months — immediately following the period of recruit training and annual leave for each intake.

At the School of Music recruits receive a thorough training in the playing of various military band instruments, the theory of music and its special application to military life. The aim is for them to graduate as competent and versatile instrumentalists with an excellent all-round musical education which will fit them to follow their chosen vocation on a professional career basis.

LIFE AS A TRAINED ARMY BANDSMAN

On graduating from the RCN School of Music recruits are posted as qualified Group 1 Bandsmen to one or other of the famous Regular Army (Brass Reed) Bands.

Bandsmen enjoy, in common with all other members of the Regular Army, good rates of pay, excellent accommodation and food, annual leave with pay, free medical and dental care, appropriate extra allowances and the opportunity of comradeship, travel and adventure. According to individual skill and achievement, they may also qualify for extra trades pay. There is a calling in which advancement and promotion are regulated solely by personal merit.

QUALIFICATIONS FOR

Candidates for training as Junior Bandsmen must possess some knowledge of music and the basic aptitude for learning to play military band instruments. A musical



TRI-SERVICE HARMONY

Bandsmen of the Canadian armed forces are to be trained at the RCN School of Music at HMCS Naden, at Esquimalt, B.C. Instructors at the school are from the three services.

Above, preparing the musical curriculum are: (seated) Lt. Cdr. Stanley Sunderland, of Victoria, (left) Officer-in-Charge and Captain James M. Gayfer, of Toronto; (standing) Warrant Officer John Wheeler, of Hamilton, Ont., S/Sgt. E. A. Stannard, of Victoria, and Chief Petty Officer Kenneth Blake, of Victoria. (National Defence Photo)

assessment of each candidate will be carried out by a Director of Music of the Regular Army at the time of application. In addition the candidate must be able to meet the following enrolment conditions:

1. He must be a Canadian citizen, or

a) if a British subject a British Commonwealth citizen, a United States citizen, or a citizen of Eire, he must have the status of a landed immigrant;

b) if a citizen of any other country, must possess a landed immigrant certificate and give proof of having resided in Canada for two years immediately prior to application.

2. He must have reached his 17th but not his 19th birthday on the date of enrolment.

3. He must be single.

4. He must have Grade 8 education or better preference being given to applicants with higher grades.

5. He must pass Army medical and enrolment tests appropriate to his future employment as an Army Musician.

6. He must provide written character references from the principal of his last school and from two other responsible persons not related to him (e. g. clergyman, court or police official, civic official, doctor, dentist, lawyer).

7. If under 18, he must produce the written consent of one parent or guardian at the time of application.

HOW TO APPLY

Further information and full details on how to apply for enrolment can be obtained without obligation, by writing or phoning or calling in person Capt. A. Brown, The Command Inspector of Bands, Headquarters Western Command, GR 9-8411 Loc. 363. or Capt. H. A. Jeffrey, Director of Music, PPCLI Band, GR 9-8411 Loc. 276.

Town Talk

Our bouquet this month goes to our Sunday School teachers. That courageous band of men, women and teenagers who, regularly every Sunday morning, watch over our youngsters and teach them the Christian way of life.

On Sunday evening it was our pleasure to watch over 300 children take part in a memorable Christmas concert put on by the St. John's Chapel Sunday School. Boys and girls from 4 to 12 years old sang, recited and acted in a truly heart-warming style.

Carols, seasonal greetings and Nativity tableaux were portrayed delightfully by each class tutored with patience, skill and perseverance by their teachers. Congratulations on such a fine effort.

HANDY HINTS

A good way to use up ends of toilet soap is to insert them into a slit made in the top of a bath sponge.

When the leaves of your plants become dusty and lose their shine — sponge them with a teaspoonful of milk mixed in a cup of lukewarm water every other week.

"Happy New Year everyone."

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ELECTED TO ROYAL SOCIETY



Announcement was made recently at Western Command headquarters that Lt. Col. H. Goodfellow, 14720 - 97A Street, Edmonton, has been elected a member of the Royal Society for the Encouragement of Arts Manufactures and Commerce. He is the chief electrical and mechanical engineer for Western Command.

A native of Saskatoon, Sask., Lt. Col. Goodfellow is a graduate of the University of Saskatchewan. He has been serving in the Militia and the Regular Army since 1934.

PART TWO

EMERGENCY LOANS

THE FIRST PORT OF CALL IN ANY WELFARE PROGRAMME

The old saying goes — "a stitch in time saves nine". This pretty well covers the basic idea of making emergency loans available as part of the Canadian Army Financial Welfare Programme.

These emergency loans may be made in any amount up to \$150. and are repayable through assignment of pay over a period not exceeding ten months, without interest. The soldier may apply through his unit and the loan is made by the field committee at the headquarters of the command, area, camp, school or unit, as the case may be.

Emergency loans came into being for the Regular Army April 1st, 1953. It became apparent almost immediately that these loans would fill a long-needed requirement in the financial life of the soldiers of the Canadian Army.

Up to that time, a soldier faced with the need to obtain immediate funds would probably have to make a quick trip to the office of a Loan Company. In some instances he would end up borrowing more than he really needed with the result that he would find himself in just one more entanglement.

Consequently, the availability of these emergency loans not only saved the soldier the amount represented by the interest he would have to pay to the loan company (sometimes a pretty healthy amount) but it also permitted him to deal with the immediate financial problem through his own unit in a quick and effective manner. Army committees were provided with bank accounts and a ready cheque book. So long as the problem was a genuine one, these committees were empowered to make loans immediately, without recourse to extensive investigation or other dilly-dallying.

Incidentally, it is also possible for dependants of personnel serving abroad or in other locations in Canada to initiate action for an emergency loan through the nearest Army headquarters. Many instances have been noted where the wife of a soldier in the Middle East, the Far East of the Congo — or perhaps in Alert or on temporary duty — has been able to obtain a loan to meet an unexpected emergency. A frequent reason has been loss or misdirection of her paycheck, or perhaps a fire or some sudden illness.

The policy governing emergency loans has been purposely left free of restriction. The instruction to field committees simply reads "for any genuine purpose" and the only limitation has been the scarcity of funds. In this regard the original allocation was set at \$16,500. per month, spread among the forty-odd field committees in Canada and Overseas. This amount was increased over the eight and one-half years of operation, to the present allocation of some \$50,000 a month. The allocation is still not sufficient but, as has been explained elsewhere in this series of articles, every cent which has been available from MLS and the Institutes has been put out on loan.

The types of loan made over the past few years have fallen into several distinct categories. These are explained below:

Emergency Needs — This is where an Army family requires immediate funds for some essential item in the home. Quite often the family has suffered some loss through fire or other personal disaster.

Transportation — Soldiers and their dependants are, by far, the most mobile group in the country. It is understandable, therefore, that frequently the need will arise for a soldier to get from his military location to his home — or perhaps for him to arrange for transportation for his dependants. Generally there is a family crisis of some type involved in this situation.

Medical, Dental and Funeral Expenses — Quite often this type of distress involves a two-part solution. Firstly, an emergency loan

is made to deal with the problem on the spot, to be followed with a larger loan or perhaps a grant when the full extent of the problem is known. Emergency loans have served a most useful purpose in putting immediate cash into the hands of a soldier or dependant when an unexpected contingency of this type arises.

Legal Action — Perhaps you have never received a summons for debt or a "dunner" threatening immediate seizure or repossession. In any case you should know that there is only one way to solve this type of problem, and that is spelled **ready cash**! If the soldier can get the money and settle the debt — no problem! If he cannot, he faces court action, seizure, repossession and in some instances a short stretch in the pokey. The immediate action drill is to provide the soldier with an emergency loan in order to relieve the legal threat — and then attempt to straighten out underlying problem later.

Moves and Postings — Army personnel and their dependants are, of necessity, on the move pretty regularly — and a posting usually means additional expense of one kind or another. It may be a new stove — rugs — drapes or travel expense for the mother-in-law. Whatever the need, the welfare programme recognizes that it is essential to have a source of ready funds where the soldier can borrow to meet costs arising from these moves. In fact, over the past eight years this category has accounted nearly 40% of the emergency loans.

Special types of loan — The policy of emergency loans is extremely flexible, and on authority of the Central Committee, it is sometimes possible to arrange for special loans. As an example, when some 200 soldiers lost their furnishings in warehouse fires in Canada in 1958, loans of \$1,000 were arranged for them to permit replacement of essential furniture and effects. In fact, in any particularly distressful case the Central Committee can award a loan up to \$750. These special loans do not bear interest and repayment terms are set to fit the circumstances of the individual case.

The emergency loan procedure was — and still is, the first and foremost function of the loan fund. Preventive welfare loans, which will be explained in the next article in this series, have added very materially to the overall effectiveness of the programme, but it should be emphasized that emergency loans still play an important role.

It is surprising to some people to learn the amount which has been loaned over the eight and one-half years in these emergency loans. The total for all field committees in Canada and Overseas was, believe or not, nearly \$3,340,000 — represented by

30,451 individual loans. In Griesbach the total amount loaned was \$125,600.10 in 1,048 individual loans. This money came, in the first instance from Maple Leaf Services and the administrators of the welfare programme are indebted to MLS for providing the capital which has made these loans possible.

13 COMPANY RCASC

The Sr. NCOs of 13 Coy RCASC entertained at the Griesbach Sgts' Mess on Wednesday 29 Nov., the occasion being a farewell get together in honour of Capt. R. V. Ward who has been posted to 1 Staff Calgary. It was also an opportunity to welcome our new CO Major E. Cooper who recently returned from a tour of duty in Indo China. The party was a smash up affair with only minor injuries sustained.

2 Lt. J. N. Stuart OIC Bulk Supply Depot is presently convalescing on the west coast after a stay in the University of Alberta Hospital.

A welcome is extended to Cpl Garbut J. A. on his return from serving with 1 Cdn. Tpt. Coy. (4 CIBG) Europe and Pte. Lessard L. J. back from the Middle East, Camp Rafa. Cpl. Garbutt is presently covering off a vacancy in the RCASC Detail Issue Depot while Pte. Lessard is employed

at 13 Coy Workshop. Sgt. Moulds recently departed to HQ RCASC Western Command. A party was held in his honour at the ballroom of the Dover Hotel. We wish him every success in his new employment. Cpl. Lagassee J. M. and Pte. Lipsett H. D. are sunbathing at Rocky Mountain House Temperature 35 degrees below zero. Lt. D. W. Hardy, Pte. Robinson and Pte. York are now back from a lengthy holiday in Calgary.

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To Ottawa Post



OTTAWA. — Lt.-Col. C. H. T. Askwith, CD, of Montreal, will be appointed military assistant to the Chief of the General Staff in February, 1962, Army Headquarters announced recently.

A former commanding officer of The Black Watch of Canada he is at present general staff officer (1st grade) at Headquarters, Western Command, in Edmonton.

PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY DEPOT

GENERAL UNIT NEWS

The PPCLI Depot is once again arranging expense free excursion to the balmy West Coast. The ALBERT HEAD Depot Detachment in Victoria, B.C. has been open for business since 20 Nov. 61.

This detachment was last utilized by the Depot for training during the winter of '58-'59. In '59-'60 winter training was conducted in Chilliwack, B.C. and in '60-'61 in Calgary, Alberta. This gradual eastward withdrawal has finally stopped nullifying the fear that Camp Wainwright would be used for year-round Recruit Training.

Ten platoons are now in training and for the last two months we have been starting new platoons at the rate of one per week. At this rate our accommodation was strained to the limit.

To relieve this congestion, second as well as third phase training will be conducted at ALBERT HEAD until approximately 14 Apr.

Up to the time the change in location was authorized, 1 PPCLI instructional staff had been wearing a martyred "...exiled to Siberia for five months" expression. It is now apparent that they are able to march without touching the ground with their feet.

Lt. N. F. J. Villiers and his wife Marylyn bade farewell to the snow piled prairies on 6 Dec. and headed west to the milder climate of Jericho Beach to take up a new post on B.C. Area Cadet staff. Lt. Villiers served with the Depot for three years and during that time was employed in various ap-

pointments on both the training and the administrative staffs.

Another recent export from here to B.C. was Sgt G. J. White who left for B.C. Area 'I' Staff on 10 Dec. Sgt. White had five years' service in the Regimental Depot to his credit. Somehow it won't seem the same here without that big flashy Buick zooming about.

Recent additions to staff include: Sgt. G. R. de Faye, TOS from 2 PPCLI — 19 Sep.

Sgt. H. E. Smith, TOS from 1 PPCLI — 11 Dec.

Cpl. B. W. Burrows, TOS from 2 PPCLI — 24 Oct

Pte. T. A. Hartley, TOS from Holding List — 14 Oct.

Welcome to PPCLI Depot and may your tour be a pleasant one.

YPRES CEREMONY

Lady Patricia Ramsay, Colonel-In-Chief of the Princess Patricia's Canadian Light Infantry, and over one hundred past and serving members of the Regiment, attended a dedication ceremony in YPRES, Belgium on 19 Oct. 61.

Organized by the United Kingdom branch of the Patricia Association, the ceremony was the unveiling and dedication of a memorial plaque to the regiment's founder and long time Honorary Colonel, the late Brigadier A. Hamilton Gault, DSO, ED, CD and to members of the regiment who lost their lives in the 1914-1918 war.

It was a very cold, wet and blustery day when the Patricias left the Town Hall after a civic reception and attended a Church Service, following which Lady Patricia unveiled the plaque.

Situated in a remembrance chamber of St. George's Memorial Church, the plaque is inscribed:

"IN MEMORY OF ALL RANKS PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY WHO DIED IN THE 1914 - 1918 WAR AND THE FOUNDER OF THE REGIMENT, BRIGADIER A. HAMILTON GAULT, DSO, ED, CL WHO SERVED THE REGIMENT UNTIL HIS DEATH 28 NOV. 1958".

Immediately after the unveiling and dedication, tea was served in the Church Hall. The ceremony concluded in the evening with the Last Post being sounded at the famous MENIN GATE at 2000 hours by D/M F. Harris, 1 PPCLI and Pte. W. N. Gow, 2 PPCLI.

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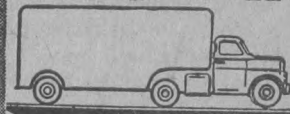
Christmas cards on sale in Havana this past year, showed the Three Wise Men clad in Cuban army fatigue uniforms, one of them bearing a resemblance to Fidel Castro.

Sign in a Rome, Ga., beauty salon: "A wolf Is A Man Who Never Mrs. A Pretty Gidl."

Note left by thieves who broke into a Passaic, N.J., apartment but only found an old pair of shoes, an old shirt and a necktie take:

"How in hell can honest crooks like us make a decent living when we get stuck with junk like yours?"

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Ian Welch of Oxford, England, saw two men wrestling with a girl and rushed to her aid, hitting one man in the stomach and the other over the head, permitting the girl to get away. Then he learned that the men were detectives trying to arrest the girl. He was hauled into court and fined.

You can lead a fraternity man to water, but why disappoint him?

Baby Sitters List

The following is the code of ethics by which baby-sitters have agreed to abide:

(a) If they agree to baby-sit, they will report to the parent concerned at time agreed upon.

(b) They will sit alone and will NOT have any visitors, unless specifically authorized by parents concerned to have guests. (Sitters will discourage guests from visiting them while baby-sitting).

(c) They will not "raid" the fridge unless something is left for them.

(d) They will look in on children as directed by the parents.

The agreed fee for teenagers

who abide by the above code of ethics is:

35c per hour until 1:00 a.m.
50c per hour after 1:00 a.m.

For the above fee baby-sitters will not be required to do housework.

A sitters' list will be published periodically, however, deletions and insertions will be published monthly. Teenagers who do not abide by their code of ethics will be removed from the list of baby-sitters submitted to the Association.

These rates do not apply for New Years Eve.

For that night only rates will be:
50c per hour before midnight
65c per hour after midnight

Billy Hicks	14	14603-103 Street	287	GR 9-3782
Bryan Post	14	15011-108 Street	670	GR 4-3501
Danny McConnell	14 1/2	14612-104 Street	322	GR 4-1942
Sandra McDonald	15	14901-102A Street	402	GR 9-7757
Maureen Ryan	15	15004-107 Street	719	GR 4-4620
Leslie Ann Deakin	15	10112-146 Avenue	277	474-4404
Lorraine Deakin	15	10112-146 Avenue	277	474-4404
Jean Ranger	15	10432-152 Avenue	450	GR 4-3207
Maureen Coombe	15	10235-148 Avenue	335	GR 9-0145
Sharon Ferris	15	10207-149 Avenue	400	GR 4-3638
Sharon Taylor	15	14604-103 Street	320	GR 7-6388
Sandra King	15	14608-104 Street	321	GR 4-1940
Dennis King	15	14608-104 Street	321	GR 4-1940
Barbara Corbitt	15 1/2	9720-152 Avenue	749	GR 9-7752
Lone Rasmussen	15 1/2	10507-152 Avenue	477	GR 4-3624
Tom Pratt	15 1/2	10435-149 Avenue	542	GR 9-5783
David McConnell	15 1/2	14612-104 Street	322	GR 4-1942
Sharon Yanchus	16	10327-149 Avenue	689	477-5761
Caroline Goodfellow	16	14720-97A Street	370	GR 7-5281
Rick Laboucane	17	10223-148 Avenue	338	GR 7-6128
Lotte Rasmussen	18	10507-152A Avenue	477	GR 4-3624

OLD SECTION

Billy Williams	12	13827-102 Street	109	477-5122
Brenda Neis	13	10229-139 Avenue	83	474-5360
Gale Popowich	13	13802-102A Street	72	
Sharon McElrea	13	13714-102 Street	65	479-3424
Margagre Taylor	14	14008-102 Street	152	GR 4-3626
Linda Hanson	14	10224-140 Avenue	157	
Shirley Kelly	14	14212-101 Street	205	
(has experience as a playground supervisor and took a special course in the handling of children — has references)				
Sharon Lessard	14	13811-102 Street	113	GR 9-8763
Alice Wuychuk	15	13722-102 Stree	65	
Carol-Anne Wray	15	14012-101 Street	197	GR 7-8837
Marilyn Kitchen	15	13802-102 Street	95	GR 7-5554
Sharon Armstrong	15	13722-101A Street	124	GR 4-1006
Joanne Budd	15	13715-102 Street	119	GR 7-6248
Carolyn MacKay	16 1/2	13842-102A Street	81	GR 9-2505
Margaret Ditlock	17	10227-141 Avenue	145	477-5233

A Freeport, Long Island, man has invented a self-serving machine for dogs. Whes a pooch gets hungry, all he has to do is step on a pedal and out comes a dog biscuit.

A weekly church bulletin in Alexandria, Va., came out with this item: "On Wednesday this fine group of singers will present a scared concert in our Sanctuary."

Promoted on Posting



OTTAWA. — Major W. H. Salter, of Toronto, will be promoted lieutenant-colonel and appointed general staff officer (1st grade) in the Directorate of Militia and Cadets at Army Headquarters in January, it was announced recently.

An officer in the Royal Canadian Artillery he is now serving as a general staff officer with Headquarters Western Command, Edmonton.

224 WORKSHOP RCME

By the time our readers feast their eyes on this small contribution to our worthy Bugle, Christmas with all its hustle and bustle will only be faintly recalled by a few small hangovers and a severe dent in fathers wallet, providing se didn't have to hock it (the wallet that is).

The workshop had a fine Christmas party for the children both large and small; which was thouroughly, we hope, enjoyed by all and sundry. Mr. J. C. Day was MC — SC for the day. Thanks to Cdns. Charron and Vrskovy, for their assistance in this fine enterprise.

The war between the animals of the wild and the mighty hunters from the city and suburban areas is over for another year. Some successes were reported WO1 Norbury and Mr. Bannister were lucky, as well as a few others from our shop.

A fine time was had by all concerned when Lt. Col. Goodfellow held an area EME's conference in a small aside from business, consisting of a curling match between the out of towners and the local boys (the locals won).

Our bowling teams are both good and bad. One team is in the top three and the other in the bottom three. Through the grapevine we hear Mr. Bannister was hanged in effigy his last time out. We're sorry we missed the last edition but it seems our copy was a little late arriving at the printers.

We want to take this opportunity to wish from our OC and from all of us, the very best in 1962.

BABY-SITTERS LIST

NEW SECTION

Name	Age	Address	PMQ	Telephone
Janice Cunningham	12	14604-101 Street	276	GR 4-3635
Jeanette McDonald	12 1/2	14901-102A Street	402	GR 9-7757
Ernest Pratt	12 1/2	10435-149 Avenue	542	GR 9-5783
Theresa Ryan	13	15004-107 Street	719	GR 4-4620
Suzanne Reid	13	155027-108 Street		
		Mohawk Place	650	474-2111
Linda North	13	10303-149 Avenue	393	474-5006
Gloria MacDonald	13	14804-102 Street	370	477-7293
Mary King	13	14608-104 Street	321	GR 4-1940
Sharon Cunningham	13	14604-101 Street	276	GR 4-3635
James Woodcock	13	15027-108 Stree	641	GR 9-5410
Dennis Laboucane	13	10223-148 Avenue	338	GR 7-6128
Hector MacDonald	14	14804-102 Street	370	474-7293
Glenniss Bunning	14	14703-104 Street	556	GR 4-4346
Kenneth Corbitt	14	9720-152 Avenue	749	GR 9-7752
Donna Ranger	14	10432-152 Avenue	450	GR 4-3207
Frances Woodcock	14	15027-108 Street	641	GR 9-5410
Linda Jarvis	14	14608-103 Street	379	GR 7-5963
Marion Rasmusse	14	10507-152A Avesue	477	GR 4-3624
Sandra Erfurt	14	10404-152 Avenue	457	479-4827
Rita Eagle	14	15004-107 Street	711	474-0894

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Young People's Page



SCOUT THANKS

Scouting is for boys but it requires the wholehearted support of adults if it is to produce the maximum benefit for the boys. We therefore welcome this opportunity to extend our sincere thanks to all those adults who have and will assist in the Scout Movement.

Our thanks to S/Sgt. Turnbull, S/Sgt. Budd, Sgt. Hidson and Sgt. McPherson who assisted S/Sgt. Ashmore on the Dec. paper and bottle drive. We are confident that we will get equally good support from other parents for the next drive on 20 Jan. 62. Thanks also to Sgt. Duddle who has been working hard behind the scenes for quite a long time and to Cpl. Gillingham who takes time to assist our Christmas card sale in addition to his regular job of Secretary to the Group Committee. Thank you Mrs. Lawford and the ladies of the Auxiliary. We are looking forward to seeing the Swap Stop in operation.

There are others, without a doubt, who have lent us a hand but whose names do not come to mind at this moment. Thank you. To leaders and regular workers we are always indebted and always grateful. The Scouts could not operate without you. Thank you all.

"D" PACK NEWS

Mrs. L. KINSMAN (leader) was invested by the District Commissioner, Mr. B. Patterson.

Cubs invested were Timmy Darling, Arthur Cunningham, and Michael Laplante.

First Stars were received by Jackie Walker, Ricky Ryall and Allan Bolster.

First Pear Star goes to Ace Laboucane.

We wish to thank scouts David Lawford and Ernest Pratt, who have returned to their troop with their certificates for Cup Instructors Badge.

"D" Pack is busy preparing for their Christmas Party on Dec. 22 which will close our meetings until Jan. 5, 1962.

Happy New Year, Best Wishes and Good Hunting to all.

'A' TROOP SCOUTS

A warm welcome to a new Scout scribe, Tom Pratt, who sends us the following information in regard to "A" Troop. Boyd Van Aggelen, who received his Queen Scout badge recently, has now qualified for more badges in his pursuit of Scouting knowledge. He now has the Campers badge, awarded by the District Scoutmaster after a test which includes camping out for thirty nights and a variety of other requirements. Boyd also has the Stalkers badge and these two badges make him eligible for the Bushman thong. Having now been awarded 18 proficiency badges, he is the proud possessor of the Gold Cord.

At the other end of the scale is Pat Johnson who is to be congratulated on his investiture. We understand it took a while to pass the tests, Pat, but don't worry. There is nothing between you and a Queen Scout badge but a little hard work.

Our congratulations to Allen Burger on his Leaping Wolf and to the Artists, Kenny Turnbull and Richard McMaster. We are pleased to see Ern Pratt, Ted Salter, David Lawford and Brent Wood get their Cub Instructor badges. Having heard some of these boys sing 'We three kings', we are surprised they do not have the Singers Badge as well. We welcome Robert Norris and Ron Appleton to the Troop, and expect to see you passing your Tenderfoot test soon. 'A' troop have been running a seven week course on the fundamentals of first aid and tests should be run in December. This will qualify successful candidates for three Second Class tests, two First Class tests and two proficiency badges. Our thanks to Pte. Tibbets for giving this very worthwhile instruction.

THIRD GRIESBACH GUIDE COMPANY

Captain — Joan Grant
Lieutenant — Pearl McLean
Lieutenant — Helen Flander

In July of this year only five Guides from this company attended Guide camp at Sandy Lake with Mrs. Montalbetti and Mrs. Grant. These were Sharon Taylor, Candy Ingram, Anita Mann at our week camp, Sharon at the week-end camp, and Mary King, Shirley Crerar, Anita Mann at the day camp. We hope more will be able to attend the next camp.

Mrs. Flander began helping the company in September and we have enjoyed her very much. We are very sorry she has to leave us now but a transfer has come

through for her husband. The company makes a sincere plea for someone to join us as a Guider. The present Guiders are restricted in outdoor activity by their families and as a result the Third Company is not really getting out in the field enough. So far this year only one hike has taken place and it was only a short one to collect gadget wood.

In November the St. John's W.A. allowed the Guides to use the candy table at their bazaar. This being the Guides' first try at this, they made a lot of mistakes which they have since discussed and (we hope) learned from. Many thanks to the W.A. for this opportunity to earn money which we sent as a donation to the Building Fund for the new Guide Headquarters in Toronto.

We invited the Guide Company from the School for the Deaf to our Halloween party and everyone had a grand time. We hope now to learn the sign alphabet so we can converse even better next time.

Two Brownies have come up to Guides. Sandra Holmes, who has since transferred to England, and Irene Tchekemian. Linda Pecosod and Sandy Post were enrolled in September. After a long wait for her wings to arrive from Winnipeg, Linda was presented with them in December at the same meeting that Mrs. Flander and Beverly Flander were enrolled. Our Commissioner, Mrs. Murphy, was with us for that meeting and began a test for second class first aid and local knowledge. She has promised to return in January to complete these tests. A number of girls have been presented their service stars.

Our Christmas party was a success with the decorations being better than ever and the lunch hot and good. At this time we are waiting delivery of the flag we have saved for, for so long. We have finally paid for it.

BROWNIE AND GUIDE MOTHERS

At the November Meeting the camp officially divided into two districts. Children attending Brownies or Guides in the section will belong to the Alexander district under Mrs. Murphy who may be contacted at GR 9-6029. Children attending Brownies and Guides at No. 2 school will belong to the Baden-Powell district under Mrs. Campbell who may be contacted at GR 4-1873.

Baden-Powell district will hold their January meeting in the staff room of No. 1 school at 8 p.m. on the third Tuesday. Each mother wishing to participate in the door

prize is requested to bring an item of groceries, e. g. a tin of peas. There will be a name drawn at the end of the meeting for all items brought. Mothers please come and support your daughter: See you at the meeting.

Teen Topics

The month of December was rather quiet for the Griesbach Teens in the social light. On Friday, December 16th, a "Beatnick" dance was held, with C.J.C.A.'s Barry Boyd spinning the records. The beatniks came in all types of wearing apparel, some having rather odd ideas of what a beatnick wears.

Our New Year's dance will be held on Saturday, January 6th, in School No. 1, from 8:00 to 11:30 p.m. The music will be provided by the "Continental", who were enjoyed so greatly just last month. The dress will be semi-formal, (dress-up).

A general meeting of the Griesbach Young People's Association will be held sometime early in the New Year.

In closing, we would like to wish everyone a Very Merry Christmas and a Happy New Year.

PROPERTY FOUND

The following property had been found in the Griesbach Barracks area, and can be claimed by the rightful owners, upon suitable identification, from the Edmonton Provost Detachment, Prince of Wales Armoury, between 0800 and 1630 hrs., Monday to Friday:

- 1 Pair child's glasses, black in colour.

- One child's tricycle, red.
- Gas can.
- 3 keys on wire ring.
- Diamond ring.
- Spinner hub cap.
- Sleigh.
- Toboggan.
- Lady's evening bag, coloured flowers embossed with mother of pearl. Found at military ball, on December 2nd.

NAMED COMMANDANT RMC

Col. George H. Spencer, OBE, CD, 45, of Kingston, Ont., now Colonel in Charge of Administration, Headquarters Eastern Command, Halifax, is to be promoted to the rank of Brigadier and appointed Commandant, Royal Military College, Kingston. The new appointment will be effective January 1st, 1962.

Colonel Spencer will succeed Brigadier W. A. B. Anderson, OBE, CD, who will be promoted to the rank of Major-General and appointed Adjutant-General, Army Headquarters, Ottawa.

Colonel Spencer has held his present appointment at Headquarters Eastern Command since January, 1958.

APPOINTED ADJUTANT-GENERAL

Brigadier W. A. B. Anderson, OBE, CD, will be promoted to the rank of Major-General and be appointed Adjutant-General of the Canadian Army.

An officer of the Royal Canadian Horse Artillery, Brigadier Anderson will relinquish his position as Commandant, The Royal Military College, and take up his new post on January 1st, 1962.

He will be replacing Major General J. D. B. Smith who is retiring from the Canadian Army.

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Church News



Church News

ST. JOHN'S CHAPEL

Schedule of Services:

January 7th, 0900 hrs. — Holy Communion ACC.

1100 hrs., Morning Worship.

1200 hrs., Holy Communion ACC

January 14th, 0900 hrs. — Holy Communion ACC.

1100 hrs., Morning Worship.

January 21st, 0900 hrs. — Holy Communion ACC.

1100 hrs., Morning Worship.

January 28th, 0900 hrs. — Holy Communion ACC.

1100 hrs., Morning Worship.

1200 hrs., Holy Communion UCC.

Every Sunday

0945 hrs., Bible Class (Conference Room).

1045 hrs., Sunday School (No. 1 School).

1100 hrs., Creche and Kindergarten (Conference Room).

It is significant that the month of January gets its name from the Roman god "Janus", one of the oldest of the Latin gods. Janus was traditionally said to have two faces, one that looked forward and the other that looked backward and was often represented as sitting on the "seat of forgetfulness." The word janus meant "gate" and he was considered "the spirit of opening" and was invoked as the patron of all openings of public or private buildings. An archway was once built in Rome in his honour.

Now life consists in ever making fresh beginnings, in passing through gates of new experiences, and it is good for us from time to time to take a double look. We need to look back at the past and see the way we have gone in this past year. Has it been good? Has it been bad? What have been our achievements? What were our failures? Sometimes it helps to take a pencil and jot down the record. It would probably surprise us.

But whatever we discover from our survey of the past we should not let it hinder us for the future. Sometimes we tend to dwell on the past and forget that, while it is good for us to remember it and to take lessons from it, we cannot live in it. The gate of the future opens for us and with it opens all that we may yet accomplish. In a very real sense, as the god Janus, we have to sit in the seat of forgetfulness . . . for

getting all our past mistakes and failures — yet learning from them — and facing the future with confidence and determination.

"Forgetting those things that are behind,

And reaching forth unto those things that are before,

I press toward the mark,

For the prize of the high calling

Of God in Christ Jesus."

THE PADRE.

NEW YEARS'S GREETING FROM YOUR CHAPLAINS OUR LADY OF FATIMA CHAPEL

Though New Year Day is celebrated with a great deal of social festivity, it is well for us to recall its true significance.

Notwithstanding the fact that it is a change of calendars, it has a definite spiritual significance. It commemorates the occasion when Our Lord received the name of Jesus, that is to say, Savior. This name was given to Him by the angel at the time of His Conception, to show that He was to save His people by delivering them from their sins.

This Feast being the first of the New Year, we have a three-fold duty to perform.

First — thank God for all the graces bestowed upon us during the preceding year.

Second — beg pardon of Him for all the misdemeanours of the past year and during the previous years of our lives.

Third — beg Him to grant us the grace to employ every moment of the New Year in a proper manner

On this New Year's Day, let us place our confidence in the Lord; let us invoke Him with faith and love; let us work for His glory, and may the blessing of Almighty God be upon each and everyone throughout the New Year.

C.W.A. NEWS

Our meeting was held on a frosty night

But the girls turned out, all happy and bright,

The plans for Christmas, being well in hand

We discussed how to raise the funds in demand.

When the business was over, 'twas time for some fun,

To honour our President, Trudy Gibson.

Trudy's leaving our camp, we're sorry to say

She's been such a help in every way.

Ann Wozny, amidst a rousing cheer,

Accepted the chair for the rest of the year.

Her task is not light — there's much work to do

So let's give her our help and ideas, too.

From us all we extend to each one of you,

Our Heartiest Good Wishes for '62.

The Philatelists Corner

Here we are back with the Philatelists' Corner again after a short interlude of temporary duty on the west coast.

Recently I had a rather interesting tidbit of information passed on to me by an avid philatelist. Those of you who have been collecting the new "regular" issues of West Germany and Berlin will do well to heed a warning being circulated by German Philatelic Societies in their periodicals. As you may know Germany issued this series of stamps in three different kinds of paper, one of which is a phosphorescent type which is self-cancelling when subjected to ultra-violet rays. It seems that these 'phosphorescent' stamps when placed in an album unless adequate safe-guards are taken may affect stamps on pages immediately above and below by bleaching the colours of the stamps on these pages. The author of this article recommends using

aluminum foil interleaves.

Collectors of United Kingdom stamps may too do well to exercise the same precautions for some of the recent U.K. issues have been printed on the same type of phosphorescent paper. A word to the wise...

The GRIESBACH STAMP CLUB

has held several meetings to date. The attendance and general interest shown in this undertaking augurs well for its continued growth. At present we have twenty-six members. Of course, we are always hoping for more members, so if you know of anyone who might be interested just come along or tell them that the club meets the second and fourth Monday of each month in the Conference Room, Headquarters Building, Griesbach Barracks.

It was unfortunate the December meeting had to be postponed due to our —30° weather. Let's

hope it will be warmer on January 8th, 1962, the date of our next meeting.

TIPS FOR NEW COLLECTORS

At the last meeting of the Stamp Club Captain Shymko brought a projector to show some of his more interesting stamps, and, you will recall, he had a game also. If you took careful notice when he was preparing his stamps for insertion in the projector you would have seen that he never touched or handled his stamps except with TWEEZERS. This is one of the ways of preserving stamps for it minimizes the risk of damaging the fine perforations of the stamp and also smudging and other general mishandling.

New collectors should learn the art of handling tweezers, because, if you show you know how to handle your own stamps, other collectors and dealers will more readily show you their better class stamps. This, I am sure you will agree with me, helps to foster mutual benefit.

RECENT NEW ISSUES

U.S.

- 8c John J. Pershing
- 4c Basketball
- 4c Nurses Training School

Ghana

- 3d Jwane NKrumah & Globe

U.K.

- 6d Parliamentary Conference 1961

Pakistan

- 13 Paisa (Triangle)

L.C.S.

At a modern art exhibit in Washington, someone was overheard saying: "I can't explain it to you unless you understand it."

A Catania, Sicily, man explained to police he'd burned down his own house to get his family away from the television set.

In Wadesmill, England a man was fined 56 cents for riding his fiancee on the handlebars of his bicycle.

"Why are you eating your banana with the skin on?"

"Because I know what is inside."


"I'll see you," said our hero, as he laid down four aces in a game of strip poker.

Net Income: The money a fisherman earns.

Stethoscope: A spy glass for looking into people's chests with your ears.

It isn't the ice that makes people slip, it's what they mix it with.

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OPPOSITE SAFEWAYS

Little Steps for Big People

(A CAUTIONARY TALE TO THE OBESE)

Once upon a time a famous gourmet called "Pycraft" succeeded in reducing his weight to such a degree that he floated to the ceiling of his apartment. It is however unfortunate that the Hindu potion which produced this peculiar result is not available at Headquarters MIR, so kindly refrain from telephoning. In any case the use of "reducing" drugs is no substitute for good dietary habits.

However, the problem of the overweight remains with us and no doubt will continue to do so. One of the first principles in correcting an unsatisfactory situation is that we should know as clearly as possible what is wrong and further to what extent. Firstly, overweight people are subject to a greater death rate for all the leading causes of death, eg heart disease, disease of the brain blood vessels, kidney disease and diabetes. It follows that the overall life expectancy is therefore reduced, and for example a male weighing 200 lbs whose calculated weight on basis of height and

breadth should be 150 lbs, can be allowed to eat as much as they desire they die at an earlier age. It certainly appears that rats, like some human beings tend to be gluttons.

The second problem as to how much we should reduce our own weight is easily solved. Those prima donnas of the insurance world the actuaries have studied the recorded facts of the last sixty years on body weight, build and sex and correlated them with the life expectancy of these individuals. These figures are published below and it will be seen that the ideal weight is somewhat lower than used in the Canadian Army Standards of physical fitness.

NEW WEIGHT TABLES (in lbs according to frame (in indoor clothing)).

It is hoped that the reader will have been able to puzzle out his most suitable body weight which if the insurance experts are to be believed will allow for his greatest life expectancy. The problem then arising in at least four out of ten people over thirty

Desirable weights for men of ages 25 years and over, Desirable weights for women of ages 25 years and over.

Height (with shoes 1" heels)	Small Frame	Medium Frame	Large Frame	Height (with shoes 2" heels)	Small Frame	Medium Frame	Large Frame
5' 2"	112-120	118-129	126-141	4' 10"	92-98	96-107	104-119
5' 3"	115-123	121-133	129-144	4' 11"	94-101	98-110	106-122
5' 4"	118-126	124-136	132-148	5' 0"	96-104	101-113	109-125
5' 5"	121-129	127-139	135-152	5' 1"	99-107	104-116	112-128
5' 6"	124-133	130-143	138-156	5' 2"	102-110	107-119	115-131
5' 7"	128-137	134-147	142-161	5' 3"	105-113	110-122	118-134
5' 8"	132-141	138-152	147-166	5' 4"	108-116	113-126	121-138
5' 9"	136-145	142-156	151-170	5' 5"	111-119	116-130	125-142
5' 10"	140-150	146-160	155-174	5' 6"	114-123	120-135	129-146
5' 11"	144-154	150-165	159-179	5' 7"	118-127	124-139	133-150
6' 0"	148-158	154-170	164-184	5' 8"	122-131	128-143	137-154
6' 1"	152-167	162-180	173-194	5' 9"	126-135	132-147	141-158
6' 2"	156-167	162-180	173-194	5' 10"	130-140	136-151	148-163
6' 3"	160-171	167-185	178-199	5' 11"	134-144	140-155	149-168
6' 4"	164-175	172-190	182-204	6' 0"	138-148	144-159	153-173

expected to die four years earlier than those men of ideal weight. Recent experiments on rats have added further force to these statements. It has been shown quite conclusively that rats grown all their lives in a disease free environment live longer if their food intake is reduced and that if al-

who are overweight is how to reduce weight comfortably.

Most people will realise that their gradual increase in weight over the years is due to a gradual reduction in exercise whilst maintaining the same eating habits. The classical triad of moderate exercise, adequate diet and sleep is

will the soundest recipe for good health. With regard to exercise, the daily walk to work, or participation in a competitive sport is excellent. However, exercise alone is a rather more difficult method of weight reduction as the amount of activity required to burn up a pound of body fat is far more than the average overweight individual can manage. The key to reduction of body weight still remains the cultivation of correct dietary habits such as:

- a regular salad lunch
- the abstinence from sugar in the liquids taken
- the cutting out of all bread and cakes from the diet.
- it is fortunate also that a diet with as much meat, fish or fowl as is desired is eaten, this will actually increase rate at which the body uses up its food; the resulting energy giving an increased sense of vigor and well being.

The fact that a high protein diet is so satisfactory in weight reduction occurs because only a small quantity of the meat, fish or fowl one eats is actually used in the body.

A common reason for failure is that although a person may cut down on his food intake he continues to drink five or six bottles of beer a day, that alone will be equal in food value to one average.

Last but not least in the cultivation of new dietary habits success frequently depends on the co-operation of the patient's wife; in most instances it will be the amount of morale support given by the wife that finally determines whether a new diet gets results. Remember ladies — the longer your husbands waistline the shorter his life line and take the appropriate measures!

* With apologies to H. G. Wells.

Griesbach Boys Boxing Club

During the recent inter-company boxing tournament held by 2 PPCL, our club was invited to participate. On the 6 Dec. we had ten boys on the evening card. They put on a splendid show and were well applauded. Results of this card is:

Alan Hamilton won over Mi-

chael Gilday — Gilday never stopped trying and deserves a lot of credit.

Duanne Von Hagen won over Colin Brown — unfortunately Colin had to retire in the third round when he had a slight lead over Duane.

Darrel Green won over Richard Berry — a fairly good fight and close. Must stop Darrell from turning around.

Bruce Weber lost to Gordon Edinburgh — Gordon was like a buzz saw going after his taller opponent — a good show on both sides.

Jackie Gilday lost to Philipp Levesque — another good fighter with both fighters really trying — young Levesque looks very smooth and confident.

On the night of the 7 Dec. during the inter-company finals, we had six boys taking part with results as follows:

Michael O'Hara won over John Coombe — another David versus Goliath — a real good fight and lots of try by both boys.

Eliot Query won over Pat Johnston — another good fight, both boys should come along well with more practice.

Duane Steil lost to Don MacConnell — a good fight with Don maintaining the offensive.

The Griesbach Boys Boxing Club will commence boxing again in the New Year on the 8 January. It is hoped to sponsor a boxing card in late February similar to the one we ran last year.

Letter sent to the Taegu, South Korea, prosecutor by a murder suspect who had escaped from jail:

"I wasn't feeling too well because I feared I would be executed, but I am very well now, thank you."

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POSTED TO EDMONTON... Sergeant J. L. 'Jim' Copeland of Chatham and London, Ont., will be posted to the Army's Western Command Headquarters in Edmonton in mid-January. Army authorities have announced. A member of the Royal Canadian Army Pay Corps, Sgt. Copeland has been stationed at Fort Osborne Barracks in Winnipeg for the past three years. He served in Korea and Germany with The Royal Canadian Regiment from 1952 to 1957. (National Defence Photo).



POSTED IN CONGO... Signalman Lawrence Davidson of Calgary will be posted to No. 57 Canadian Signal Unit in the Congo in early January. A member of the Royal Canadian Corps of Signals, Sgmn. Davidson has been employed with the Alberta Signal Squadron in Edmonton since 1960.

December. Prospects seemed excellent for a full week of temperatures in the thirty below range, but to everyone's disappointment the temperature was up to twenty above for the last three days. An exercise controlled by the Commanding Officer pitted A Company against B, C, and D Companies in the dense bush and along unmarked trails for the last two days. The aim of the exercise was primarily to exercise A Company in preparation for their part in Exercise "GREAT BEAR" in Alaska in February. Everyone found the new area a challenge, and many lessons were learned that will prove valuable in further winter training.

On the Broom

Neither "the virus" nor extreme cold, nor preparations for Christmas disrupted activities of the Griesbach Ladies Curling Club during December. In fact, 4 rinks — Holmes, Mills, Allein and Charlies — found time to accept tea invitations from the Lancaster Park Curling Club. The girls thoroughly enjoyed themselves. Also, it is reported that some rinks squeezed in games out earlier in the schedule. (Don't worry, Pa! The socks will be under the tree on the 25th. Of course, the needles may still be in them). As mid-season approaches, the rink skipped by Eileen Mills is in top place in the league standing, and there is a three-way tie for second spot.

So now, girls, take a short breather during the last week of 1961, then be ready for a full calendar of interesting events in January.

Boycott: A bed for a small male child.

Army Inventor Rewarded



An Army officer in Winnipeg has been awarded \$400.00 for inventing a machine that will save the Armed Services an estimated \$9,500 in its first year of operation. He is 29-year-old Capt. A. F. B. Danyluk of Edmonton, who recently returned from duty in the Congo.

The machine, designed to fold and assemble towel and toilet tissue used in combat ration packs, was developed by Capt. Danyluk when he was officer in charge of the Army Bulk Supply Depot in Montreal. He spent about 30 months working on the idea which reduces by 25 per cent the cost of packaging emergency ration boxes that feed five men for one day.

Capt. Danyluk said that prior to the invention, the Army purchased packaged towelling and tissue in single sheets for hand-folding. Annually it took 25 men about 2,000 work hours to prepare the tissues for 600,000 rations used by the Armed Services in training, search and rescue and other operations.

A lower cost roll-type towel and tissue is now used and one man working an eight-hour day can do the whole job in six weeks. The 24 men relieved from the tedious and time-consuming chore have been moved to other jobs in the Depot's assembly line.

Brig. John Pangman, Commander of Manitoba Area, presented the award to Capt. Danyluk on behalf of the Suggestion Awards Board of Canada. The board approved and recommended the machine after completing surveys and tests.

A former RCAF jet pilot. Capt. Danyluk is on an air supply course

at the Canadian Joint Air Training Centre, Rivers, Man. Next February he returns to No. 4 Transport Company, Royal Canadian Army Service Corps in Winnipeg.

OTTAWA. — Eleven Canadian Army officers and men graduated in December as unit ski instructors following a one-week course conducted at Camp Fortune.

It is the first such course ever run by the Canadian Army.

Capt. Ted Yates of Army Headquarters organized and headed the school which was designed to teach candidates the technique of good ski instruction.

Held under Canadian Ski Instructors' Alliance rules the course was attended by soldier skiers from the Army's dozen ski clubs across Canada which make up the Canadian Army Ski Association.

President of the Association is Maj.-Gen. J. M. Rockingham, CB, CBE, DSO, ED, General Officer

Commanding Western Command.

Capt. Yates is a 30-year veteran of the ski trails, holder of a Canadian Amateur Ski Association teaching certificate and is a professional at the Camp Fortune Ski School.

Skiing, points out Capt. Yates, is recognized by the Army as a valuable training and physical fitness aid. From the ranks of the Army's ski clubs it is hoped will come young soldier talent proficient enough for Olympic competition.

Those attending the course were examined for their ability to explain, demonstrate, detect and correct errors of others. Finally judged was a ski-off in which individuals performed such ski manoeuvres as snow plow turns and uphill and downhill stem and parallel christies.

Representing the west coast was Lieutenant D. G. Wallace of the 1st Battalion, Princess Patricia's Canadian Light Infantry stationed at Esquimalt, B.C.

From Alberta came Staff Sergeant F. E. C. Hudson of the Physical Training Staff who is attached to the Regimental Depot of the Queen's Own Rifles of Canada in Calgary. Lieutenant Rick Gillis, PPCLI, was also from Calgary.

Lieut. D. C. Jones, PPCLI, was on hand from the Canadian Joint Air Training Centre at Rivers, Manitoba.

From units in Ontario came Captain H. E. Rowe of the Royal Canadian School of Signals at Kingston, and Captain R. T. Hawley, Royal Canadian Army Medical Corps from Canadian Forces Hospital, Kingston.

Camp Petawawa sent Capt. P. F. Nixon of the 2nd Battalion Canadian Guards, and Sgt. A. D. Murphy of the Royal Canadian Horse Artillery.

Corporal William Roushorne of the 1st Battalion Royal Canadian Regiment attended from Camp Ipperwash.

Eastern representatives were Capt. Dave Gill of the Royal Canadian Dragoons, and Capt. M. D. Kearney, 1st RCHA, both of Camp Gagetown.

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